

Vegan Vegetable Korma



I absolutely love Indian food and am constantly trying to recreate some of my favorites in healthy, vegan ways. The following recipe I adopted from several that I experimented with. I served it with basmati rice and store-bought naan. I also have mine with a side of hot, spicy Punjabi pickled mango which is apparently an acquired taste. Enjoy!

Note: read recipe all the way through the notes at the end first!

Ingredients:

2 large onions
4 crushed garlic cloves
4 inches of peeled ginger, minced
2 tablespoon olive oil
Vegetable broth or water
1 medium tomato chopped (you could use canned or diced if you don't have fresh)
 $\frac{3}{4}$ teaspoon turmeric
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{1}{4}$ teaspoon ground cardamom
 $\frac{1}{2}$ teaspoon garam masala
1 $\frac{1}{2}$ teaspoon salt (pink Himalayan if you have it)
 $\frac{1}{2}$ cup raw cashews soaked in hot water at least 30 minutes-then drained
3 dates-soaked with the cashews-see notes below-then drained
1-2 hot green chilis (I have used jalapeno)
1 large, sweet potato cut into cubes
2 white potatoes cut into cubes
1 large carrot sliced
1 red pepper cut in 1-inch pieces
Cup of green beans cut in thirds or half
2 cups frozen peas
 $\frac{1}{3}$ small cauliflower cut into little florets
1 can coconut milk
Fresh cilantro chopped

Prior to beginning cooking I take the onions, garlic and ginger and chop it all in the food processor together versus chopping separately. I measure all the spices (except garam masala) at the beginning and put them in a little bowl.

- Sauté the onions, ginger, and garlic in olive oil until tender not brown in a large saucepan. Add all the spices (except garam masala) the tomato and about a $\frac{1}{2}$ cup of broth or water, enough to sauté without it being dry and sticking (for me it is usually more than a cup). Add more liquid as necessary. About 5-10 minutes until the tomato disintegrates.
- Put coconut milk, and the dates, and cashews in a blender with the onion mixture (keep pot aside no need to wash) and blend the sauce on high speed till creamy, maybe add a little broth or water-it should be thick and creamy. Pour back into the same pot. Add chopped chilis.
- During the next steps of adding the vegetables keep the light low under pot and be sure that sauce covers vegetables.
- Add white potatoes and carrots first simmer for about 5-8 minutes, then add sweet potato simmer with the lid on for another 5-7 minutes.

- Add remaining vegetables except peas. Keep simmering till vegetables are almost tender, being careful not to overcook and occasionally stir and ensure no sticking. You may add some broth or water as necessary.
- Add peas last and simmer for a few more minutes.
- Just before serving stir in the garam masala and a few tablespoons of chopped cilantro.
- Serve with basmati rice and sprinkle more cilantro on top when serving.

Note: add vegetables in the order you feel best given what you use and typical cooking time. I have seen recipes steam or cook all the vegetables separately then add to the sauce, you could try that. Be sure that you have enough sauce to cover the vegetables but use lots of vegetables, you want more vegetables than sauce. You can really mix up and use any vegetables you have but I like a mix of color. Sauce should be thick and creamy, you can continue to thin it a bit with broth or water, if it gets too thin you could add some ground almonds. I usually must add broth to keep it from being too thick. I use the dates for the sweetness, you could also use 2 tablespoons brown sugar instead.